

# Need to talk?

## Feeling uncertain, overwhelmed, anxious during COVID?

[Here to talk](#) | [Here to listen](#) | [Here to support](#)

We provide . . .

- Information
- Education
- Emotional support
- Links to resources

We can provide virtual presentations on:

- Recognizing common reactions to COVID
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and meeting children's needs

**Speak with one of our  
experienced counselors  
Dial 311**

NYProject  
**HOPE**  
Coping with COVID



**Free, anonymous & confidential**

A program of the NYS Office of Mental Health  
Funded by FEMA